

D137

MODEL NO. 354.15403

ASSEMBLY INSTRUCTIONS

weider®

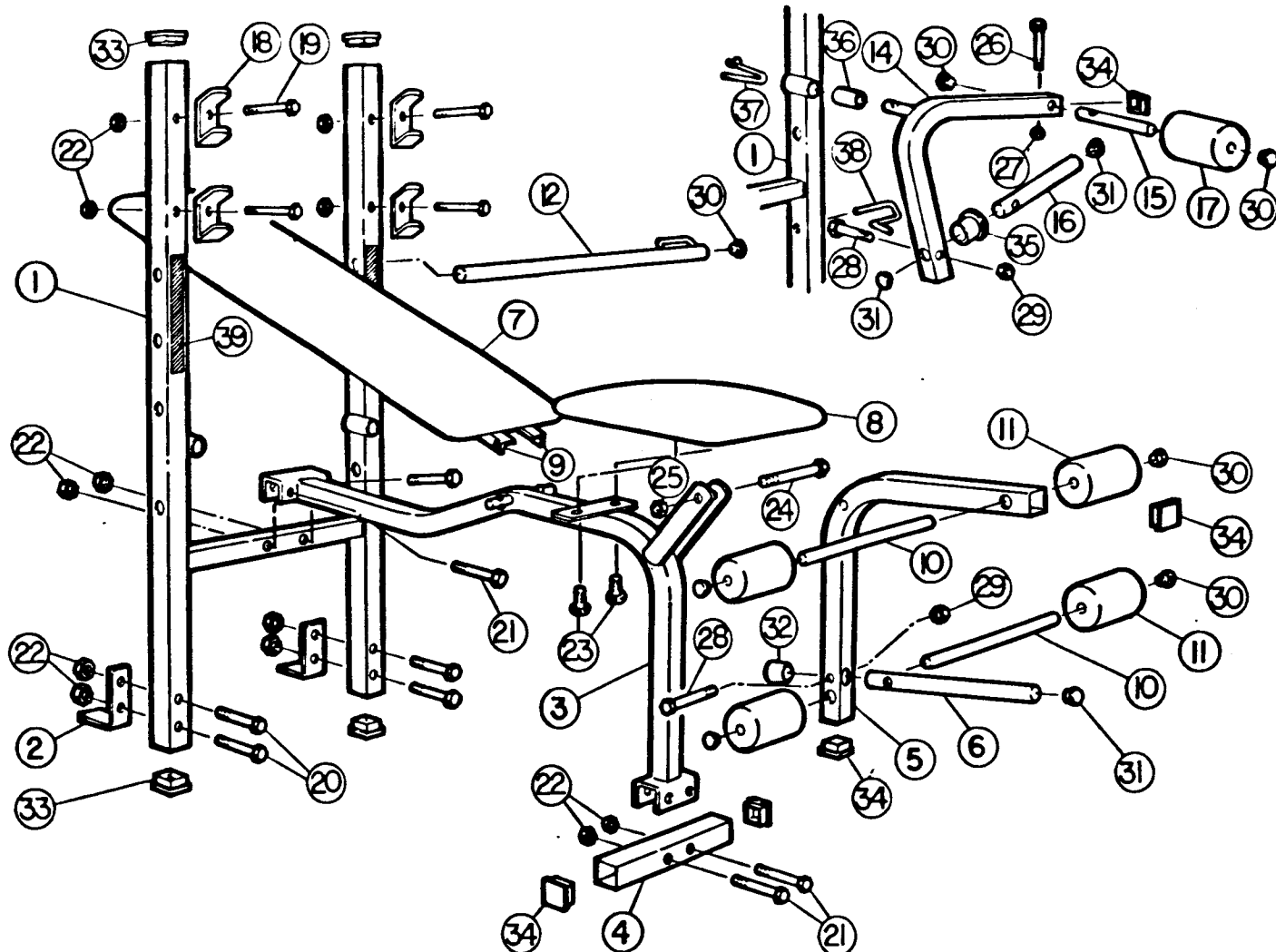
• REPLACEMENT PARTS

RECOMMENDED WEIGHT SET - 160 LBS

NN-1080

WEIDER HEALTH AND FITNESS

21100 ERWIN STREET, WOODLAND HILLS, CA., USA 91367



REPAIR PARTS AND SERVICE IMPORTANT

BEFORE CALLING THE 800 NUMBER
IN ORDER TO RECEIVE SERVICE ON THIS PRODUCT YOU WILL HAVE TO FIRST SEND IN YOUR
WARRANTY CARD

CUSTOMER SERVICE 1-800-225-0653

ALL OF THE PARTS FOR THE WEIGHTBENCH CAN BE ORDERED FROM WEIDER HEALTH AND FITNESS, PARTS SERVICE DEPT., 900 WEST ST JOHN ST OLNEY, IL 62450. WHEN ORDERING, PARTS WILL BE SENT AND BILLED AT THE CURRENT PRICES. PRICES MAY BE SUBJECT TO CHANGE WITHOUT NOTICE. STANDARD HARDWARE ITEMS ARE AVAILABLE AT LOCAL HARDWARE STORES.

TO OBTAIN PARTS DO NOT GO BACK TO THE STORE WHERE YOU PURCHASED
THIS UNIT

ALWAYS INCLUDE THE FOLLOWING INFORMATION WHEN ORDERING PARTS:
 MODEL NO. NAME OF PART ORDERING NUMBER

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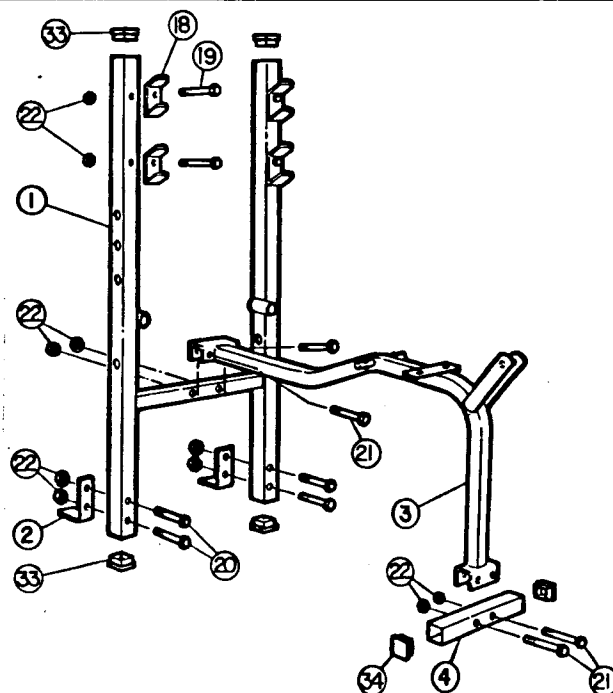
DIAGRAM NO	PART NAME	QTY	ORDERING NO
1	UPRIGHT	1	C0267-D11
2	L-BRACKET	2	C6128-C05
3	MAIN FRAME	1	C1160-D11
4	FRONT SUPPORT	1	C0199-C09
5	LEG CURL	1	C1161-D11
6	WEIGHT PIN 13 3/4"	1	C0147-C19
7	BACKREST (RED VINYL)	1	C1308-D11
8	SEAT (RED VINYL)	1	C1309-D11
9	● LONG ANGLE IRON	2	C8233-D11
10	PAD BAR	2	C8112-A23
11	FOAM PAD	4 6	C0425-A05
12	BACKREST ADJ BAR	1	C8054-A06
13	RIGHT BUTTERFLY	1	C8213-C19
14	LEFT BUTTERFLY	1	C8214-C19
15	BUTTERFLY PAD BAR	2	C8215-C19
16	WEIGHT PIN 11"	2	C8228-C19
17	BUTTERFLY FOAM PAD	2	C0412-B18
18	BAR HOLDER BRACKET	2 4	C0268-D11 C0268-D11
	HARDWARE BAG	1	C5827-D11
19	5/16"-20 X 2 3/4" HEX HEAD BOLT	4	HH-5070
20	5/16"-20 X 2 1/2" HEX HEAD BOLT	4 8	HH-5015
21	5/16"-20 X 2 1/4" HEX HEAD BOLT	4	HH-5035
22	5/16"-20 LOCK NUT	12 15	HH-5021
23	◆ 1/4"-20 X 3/4" MACHINE SCREW	6	HH-5022
24	3/8"-16 X 2 1/2" HEX HEAD BOLT	1	HH-5018
25	3/8"-16 LOCK NUT	1	HH-5013
26	1/4"-20 X 1 3/4" MACHINE SCREW	2	HH-5255
27	1/4"-20 LOCK NUT	2	HH-5011
28	5/16"-20 X 1 3/4" HEX HEAD BOLT	3	HH-5240
29	5/16"-20 ACORN NUT	2	HH-5015
30	3/4" ROUND PLASTIC CAP	9	AA-8004
31	1" ROUND PLASTIC CAP	5 3	AA-8005
32	1" ROUND PLASTIC COVER CAP - 15°	1	AA-8070
33	2" SQUARE PLASTIC CAP	4	AA-8002
34	1 1/2" SQUARE PLASTIC CAP	6	AA-8001
35	PLASTIC BUSHING	2	AA-8112
36	PLASTIC SLEEVE	2	AA-8091
37	STOPPER PIN	2	WW-7038
38	PECK DECK PIN	2	WW-7037
	UPRIGHT DECAL (FLEX)	2	DE-4119
	INSTRUCTION MANUAL	1	CNN-1090
	EXERCISE CHART	1	NN-1080
	● PREASSEMBLED WITH BACKREST		
	◆ 4 ASSEMBLED W/BACKREST 2 IN HARDWARE BAG		

BEFORE BEGINNING ASSEMBLY READ THE FOLLOWING

1. PLEASE READ THE INSTRUCTIONS CAREFULLY, PAYING PARTICULAR ATTENTION TO ALL WARNINGS, CAUTIONS, NOTES OR NOTICES. LAY OUT UNASSEMBLED PARTS: FAMILIARIZE YOURSELF WITH THE DRAWINGS THEN READ AND UNDERSTAND THE INSTRUCTIONS THOROUGHLY.
2. THIS PRODUCT MUST BE ASSEMBLED BY AN ADULT PRIOR TO USE.
3. DO NOT DESTROY THE PACKING AND CARTON UNTIL THE UNIT IS COMPLETELY ASSEMBLED.
4. DO NOT DESTROY THE INSTRUCTION MANUAL, USE IT FOR ORDERING REPLACEMENT PARTS.
5. RECOMMENDED TOOLS FOR PROPER ASSEMBLY ARE AS FOLLOWS: A HAMMER, PLIERS, MEDIUM SIZE FLATHEAD SCREWDRIVER AND TWO 6" ADJUSTABLE WRENCHES.

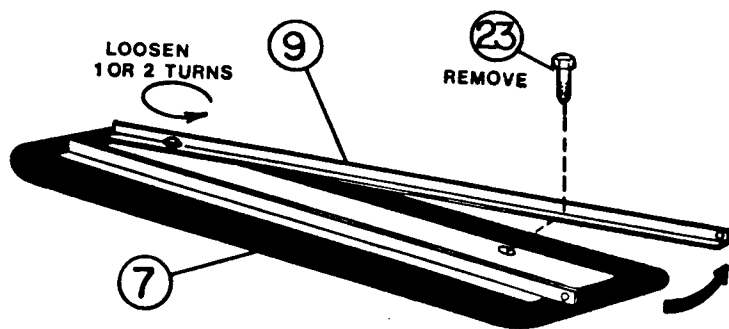
STEP 1 FRAME ASSEMBLY

Insert 2" SQUARE PLASTIC CAPS (33) into top and bottom of UPRIGHTS (1). Assemble L-BRACKETS (2) to UPRIGHTS (1) using 2 1/2" HEX HEAD BOLTS (20) and LOCKNUTS (22). Align bolt holes in MAIN FRAME (3) front U-bracket and FRONT SUPPORT (4). Secure with 2 1/4" HEX HEAD BOLTS (21) and LOCK NUTS (22). Assemble MAIN FRAME (3) onto cross member of UPRIGHTS (1) using 2 1/4" HEX HEAD BOLTS (21) and LOCKNUTS (22). Bolt BAR HOLDER BRACKETS (18) to UPRIGHTS (1) using 2 3/4" HEX HEAD BOLTS (19) and LOCKNUTS (22). Insert 1 1/2" SQUARE PLASTIC CAPS (34) into ends of FRONT SUPPORT (4).



STEP 2 BACKREST PREPARATION

Note: The lower, or attachment end of the BACKREST (7) can be identified quickly by the LONG ANGLE IRONS (9). The angle irons will be extending approximately two inches beyond the BACKREST (7).



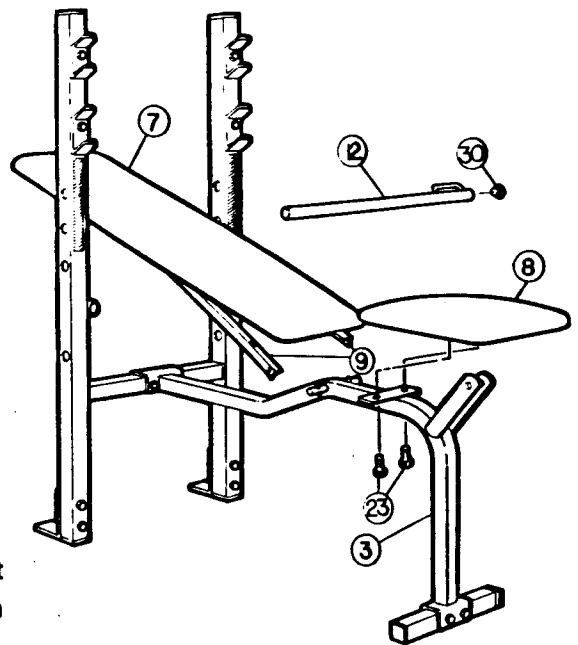
Turn BACKREST (7) over to expose working area. Both LONG ANGLE IRONS (9) have been assembled to BACKREST (7) for shipping. One angle iron must be loosened to assemble BACKREST (7) to Main Frame Pivot Rod. The lower MACHINE SCREW (23) must be removed and the upper screw loosened. The LONG ANGLE IRON (9) can now swing free from the lower end of BACKREST (7).

STEP 3 ATTACHING BACKREST & SEAT

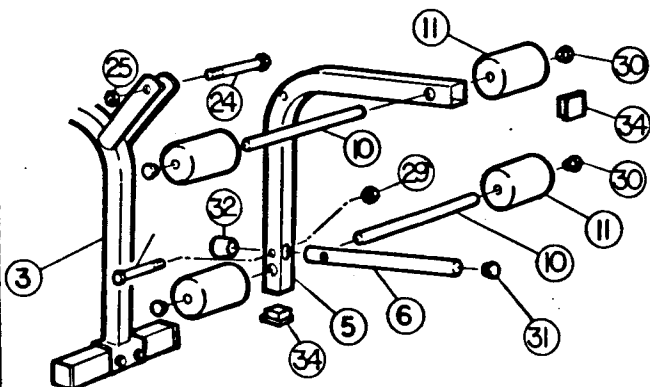
BACKREST: Insert ROUND PLASTIC CAP (30) into end of BACKREST SUPPORT BAR (12) and slide bar through one of the hole patterns in the UPRIGHTS (1). With LONG ANGLE IRON (9) free, lower BACKREST (7) to Main Frame Pivot Rod. Slide the secured Angle Iron onto one end of the Main Frame Pivot Rod. Swing the free LONG ANGLE IRON (9) back to its original position and onto the opposite end of the Pivot Rod. Replace MACHINE SCREW (23) that was removed earlier and tighten all screws.

SEAT: With SEAT (8) right-side up, align the screw holes in Seat with the holes in mounting bracket on MAIN FRAME (3). Fasten Seat to Main Frame using MACHINE SCREWS (23).

DECALS: Remove backing from decal; align decal on Upright and apply it to area indicated by the diagonal striped area in the illustration.



STEP 4: LEG CURL



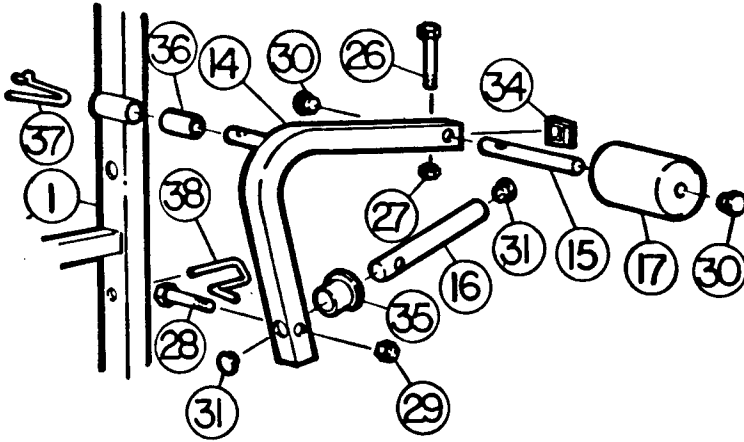
First, slide WEIGHT PIN (6) thru angled hole on front of LEG CURL (5). Align bolt holes and secure with HEX HEAD BOLT (28) and ACORN NUT (29). Place COVER CAP (32) over rear extended portion of WEIGHT PIN (6) and insert 1" ROUND PLASTIC CAP (31) into other end. Insert 1 1/2" SQUARE PLASTIC CAP (34) into both ends of LEG CURL (5). Position Leg Curl between mounting brackets on MAIN FRAME (3) and secure with HEX HEAD BOLT (24) and LOCK NUT (25). DO NOT OVER TIGHTEN!

Repeat the following instructions until all remaining leg curl parts are in place. First, slide PAD BAR (10) thru proper hole in LEG CURL (5) until equal amounts of bar are on both sides. (To aid in assembling Pads to Bars, a small amount of any liquid detergent should be applied to both ends of the PAD BAR (10). This acts as a lubricant and also as an adhesive after it has dried.) Slide FOAM PADS (11) onto each end of PAD BARS (10). Insert 3/4" ROUND PLASTIC CAPS (30) into each end of the PAD BAR (10).

CAUTION

1. ALLOWING LEG CURL ARM TO FREE FALL OR BANG INTO FRONT LEG CAN CAUSE DAMAGE TO THE FRAME AND LEG CURL. DO NOT EXCEED 100 LBS. OF WEIGHT.
2. WHEN WEIGHTS ARE USED ON THE LEG CURL THE SAME AMOUNT OF WEIGHT SHOULD BE ADDED TO THE REAR OF THE BENCH. THIS CAN BE DONE BY PLACING A WEIGHTED BARBELL ACROSS THE UPRIGHTS OR HAVING YOUR TRAINING PARTNER STAND ON THE FRAME BASE.
3. USE LOCKING COLLARS FROM DUMBBELLS TO SECURE WEIGHTS ON LEG CURL WEIGHT PINS.

STEP 5 BUTTERFLY ATTACHMENT



There are two Butterfly attachments with this unit: a RIGHT BUTTERFLY (13) and a LEFT BUTTERFLY (14). Instructions are given for one and should be repeated to assemble the other. First, slide BUTTERFLY PAD BAR (15) thru the large hole in the end of the Butterfly and align bolt holes. Secure with MACHINE SCREW (26) and LOCK NUT (27). Insert 3/4" ROUND PLASTIC CAPS (30) into BUTTERFLY PAD BAR (15). Slide FOAM PAD (17) over PAD BAR (15). Assemble WEIGHT PIN (16) into angled hole on front of Butterfly Frame. Align bolt holes and secure with HEX HEAD BOLT (28) and LOCK NUT (29). Insert 1" ROUND PLASTIC CAPS (31) into both ends of WEIGHT PIN (16). Slide PLASTIC BUSHING (35) over

WEIGHT PIN (16) until it is against the Butterfly Frame. Assemble PECK DECK PIN (38) into small hole on side of UPRIGHT (1). This pin is used as a stop for the Butterfly Attachment. Slide PLASTIC SLEEVE (36) over welded Butterfly Tube. Slide entire assembly into welded tube bracket on UPRIGHT (1). Insert STOPPER PIN (37) into center of assembly (round end first), making sure the side of the STOPPER PIN (37) that has a raised section is aligned with the hole in the welded Butterfly Tube. Push STOPPER PIN (37) into welded Butterfly Tube until it clicks into place as the raised section exits the hole. Assemble 1 1/2" SQUARE PLASTIC CAP (34) into end of Butterfly Frame.

WARNING

CONSULT YOUR PHYSICIAN

CONSULT YOUR PHYSICIAN BEFORE STARTING YOUR EXERCISE PROGRAM. IT IS ADVISABLE TO HAVE A PHYSICAL EXAMINATION BY YOUR PHYSICIAN BEFORE YOU ENTER ANY EXERCISE PROGRAM.

FOR YOUR OWN SAFETY, DO NOT BEGIN ANY EXERCISE WITHOUT PROPER INSTRUCTION. CHILDREN AND HANDICAPPED PERSONS SHOULD NOT USE ANY EXERCISE EQUIPMENT WITHOUT A QUALIFIED PERSON IN ATTENDANCE.

TRAIN WITH A PARTNER

IT IS RECOMMENDED THAT AN INDIVIDUAL SHOULD NOT WORK OUT WITHOUT A TRAINING PARTNER IN ATTENDANCE. SET UP YOUR PROGRAM TO ACCOMMODATE TWO PEOPLE AND YOU WILL BE HIGHLY MOTIVATED.